



CARRIDE CONVERSATIONS

PARENT EDITION

BE WHERE YOUR FEET ARE

The great Sport Psychologist, Ken Ravizza, said it best, "Be where your feet are." It's as simple as that!

Easier said than done. So, what does this phrase actually mean? Let's break it down:

- To be where your feet are, you are deepening the mind-body connection, so they always are in the same place at the same time. If you think about what gets in the way of performance the most, it's the thoughts that occur outside the present moment!
- Be where you need to be, when you need to be there. That is the concept to do, and teach! We want to remind our athletes to be present in every moment they are in. When they are at practice, be at practice. When they are with their friends, enjoy your friends. When they are studying, focus on studying and put the phone away (maybe in a drawer on the other side of the house). Athletes get distracted all the time, yet, the key is not to completely eliminate distractions, but to manage them.
- Focus can be as simple as we make it, yet we can get easily distracted by the thoughts and emotions we have throughout a day, interfering with the task at hand. When we let outside distractions enter the moment, undesirable outcomes tend to occur: losing emotional control, missing a key moment in the game, making a mistake, getting distressed, performing ineffectively.

THE PROCESS



Goal setting is not about what you want to accomplish but **HOW** you want to get there. Goal setting is actually about the process.

- **Serve as a sounding board** by supporting the establishment of a goal, AND the steps it takes to achieve said goal/task.
- **Evaluate** how important this goal is to the current time and define what it means to commit to achieving the outcome.
- **Set guidelines, not expectations**, to create an environment of autonomy, ownership and discipline.
- **Prepare to for failure**- aka prepare for obstacles, challenges and failure. By doing so, the pressure to avoid failure will decrease, allowing attention to free up to focus on what is needed to succeed.

TOOLS AND TIPS

...for the car ride home

Follow these guidelines to serve as a guard rail to instill success in goal achievement.

1. Facilitate conversation around the following questions: **What do you want to accomplish? How important is this goal to you and what are you willing to commit to achieve this goal?**
2. Support the decision making process around sacrifices and the HOW to the process.
3. Identify and prepare for any obstacles by setting up a contingency plan for failure. Establish recovery strategies to learn, grow and move forward.
4. Catch and praise the good in performance, effort and consistency.

Check out our winter sports schedules

Save the date:

18 November
Winter Sports Begin

6 March
Spring Sports Begin

14 August
Fall Sports Begin